

TIPS ON PHYSICAL DISTANCING

While Staying Socially Connected

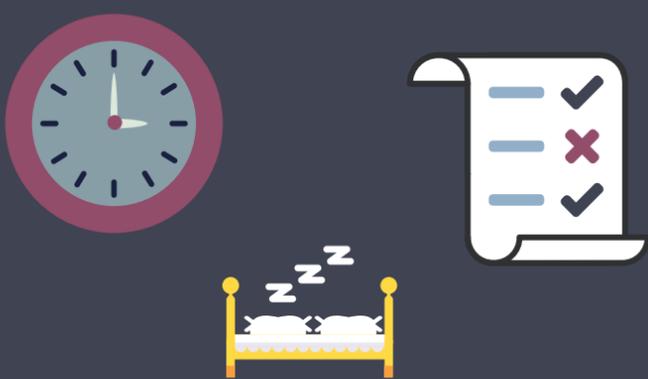
In the midst of the COVID-19 pandemic, it is important for your health and the health of others to practice physical distancing, but that doesn't mean you should cut off communication. It is important to stay socially connected!



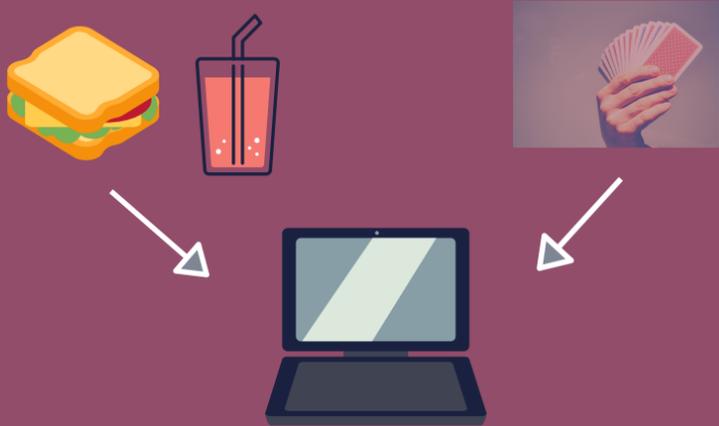
Use the telephone and other technology to stay connected! It's important for your mental and physical well being to stay socially connected while maintaining physical distance.



Attend essential medical appointments. Call and reschedule non-essential appointments. Try to have a few months' worth of any necessary medications on hand.



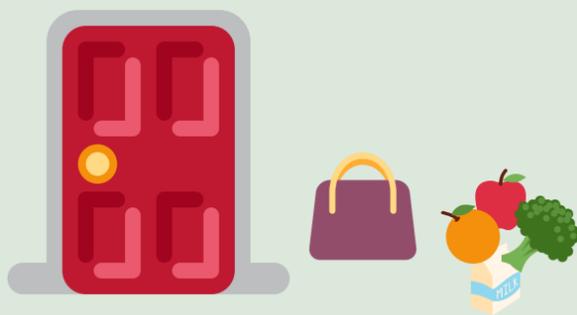
Create a routine for yourself. It will help make things feel more normal. Do your best to get enough sleep, and eat regularly to stay healthy.



Cancel social gatherings like bridge club or lunch dates. Instead try telephonic and virtual options or look to reschedule.



Find activities that keep you engaged and healthy like walking, yoga, dancing, hiking, cooking, or reading!



Explore ways to avoid unnecessary outings. Try asking friends or family for help grocery shopping or running errands. Some shopping services may also be available.



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